

# ***Headquarters U.S. Air Force***

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## **Rethinking your Drinking**



**Rank, Name  
Office Symbol  
Date of Briefing**

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# ***Do you enjoy a drink now and then?***

- **Drinking can be beneficial or harmful**
- **Risk factors include:**
  - **Age**
  - **Health status**
  - **How much you drink**
- **This presentation offers valuable, research-based information from the National Institute of Health to encourage you to take a look at your drinking habits and how they may affect your health and wellbeing**





# ***Alcohol and Your Health***

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- **Alcohol is a factor in:**

- **60% of fatal burn injuries, drownings, and homicides**
- **50% of severe trauma injuries and sexual assaults**
- **40% of fatal motor vehicle crashes, suicides, and fatal falls**



- **Health risks associated with heavy drinking include:**

- **Liver disease**
- **Heart disease**
- **Sleep disorders**
- **Depression**
- **Stroke**
- **Bleeding from the stomach**
- **Several types of cancer**





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# ***Other Risks***

- **Drinking during pregnancy**
- **Alcohol use disorders**
- **Personal problems such losing a driver's license and having relationship troubles**
- **Occupational problems**





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# ***How much is too much?***

- **Drinking too much could mean**
  - **drinking too much at one time**
  - **drinking too often**
  - **...or both**

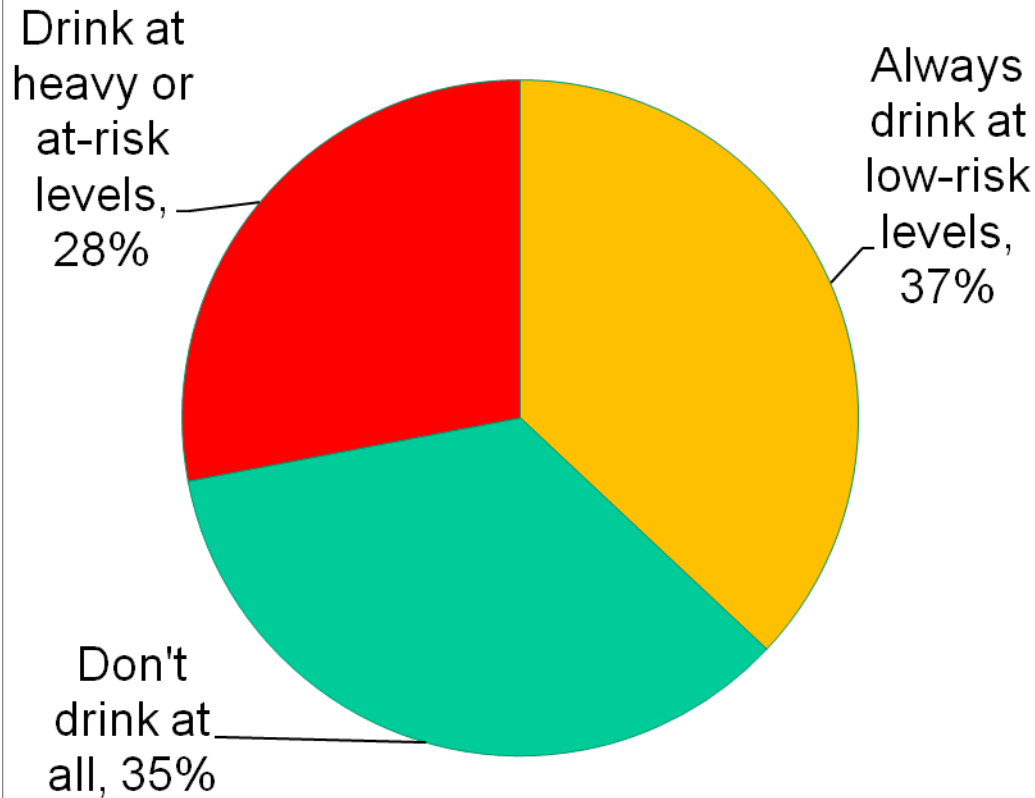




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# *Is your drinking within the norm?*

## **Alcohol Use by Adults in the United States**



**72%**  
of  
Americans  
drink at low-  
risk levels  
or don't  
drink at all



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# Is your drinking pattern risky?



- Only about 2 in 100 people who drink within both the single-day and weekly limits below have alcoholism or alcohol abuse
- About 1 in 4 people who exceed these limits already has alcoholism or alcohol abuse, and the rest are at greater risk for developing these and other problems.



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# What is a “standard” drink?

- 12 fl oz of regular beer (5% alcohol) =



- 8-9 fl oz of malt liquor (7% alcohol) =



- 5 fl oz of table wine (12% alcohol) =



- 3-4 oz of fortified wine such as sherry or port (17% alcohol) =



- 2-3 oz of cordial, liqueur, or aperitif (24% alcohol) =



- 1.5 oz of 80-proof spirits (“hard liquor” – 40% alcohol)







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# *How many drinks are in your cocktail?*



= 1.7 drinks



= 1.4 drinks



= 1.6 drinks



= 1.3 drinks



= 1.3 drinks



= 1.3 drinks



= 1.3 drinks



= 2 drinks



= 1.3 drinks



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# *I'm just having 2 or 3...*

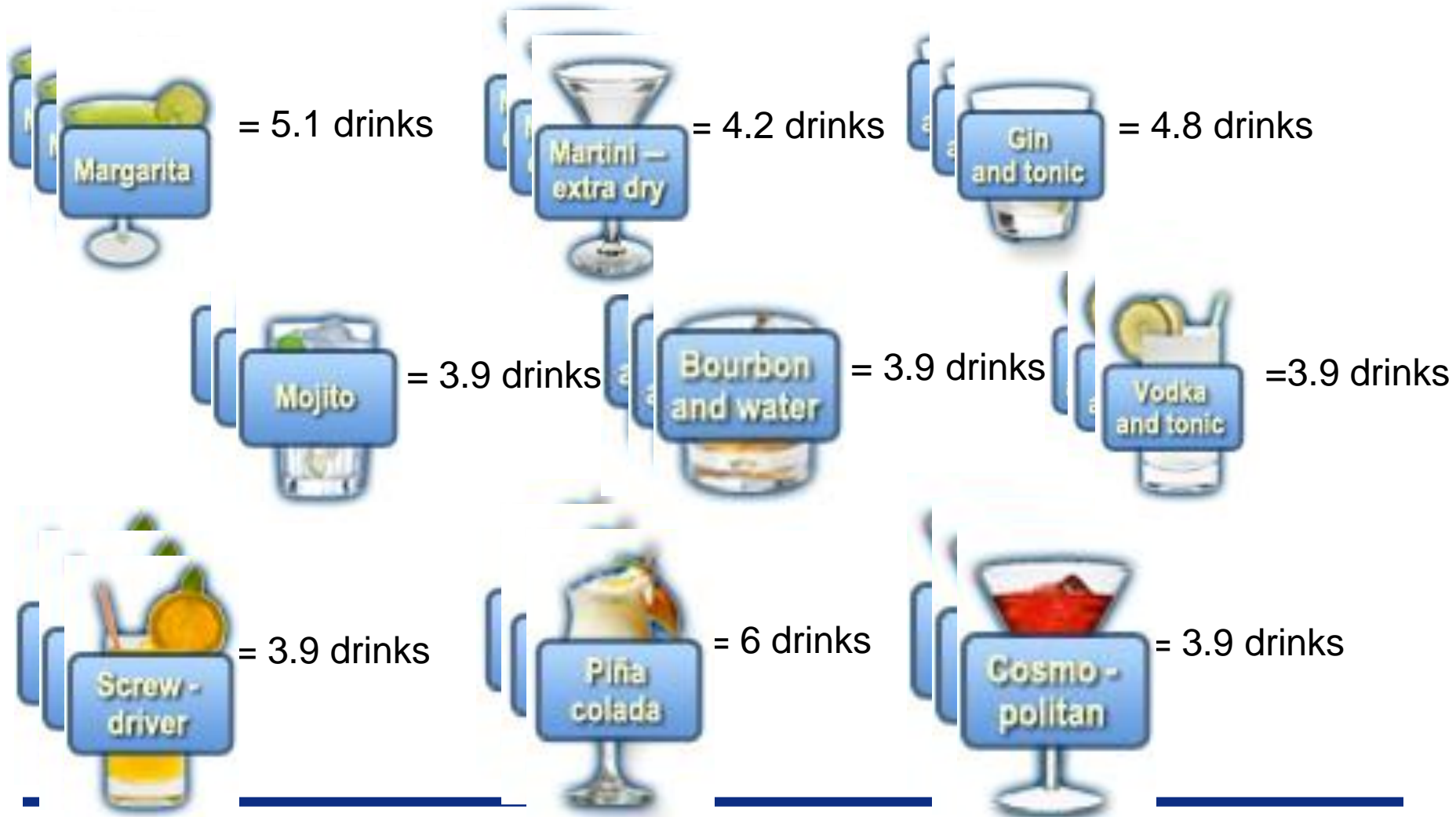


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# *I'm just having 2 or 3...*



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# ***How can you reduce your risks?***

- **Stay within low-risk drinking limits**
- **Take steps to be safe when you drink**
  - **Pace yourself**
    - **Have no more than one standard drink with alcohol per hour**
    - **Have "drink spacers"—make every other drink a non-alcoholic one, such as water, soda, or juice**
  - **Take precautions**
    - **Do not drive if you have been drinking--have a designated driver or take a cab**
    - **Don't use machinery, walk in a dangerous area, swim, or drive a boat during or after drinking.**
- **Quit drinking altogether**





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## ***Tips to Try***

- **Keep track of how much you drink**
- **Know standard drink sizes so you can count your drinks accurately**
- **Decide how many days a week you want to drink and how many drinks you'll have on those days**
- **Pace yourself -- have no more than one standard drink with alcohol per hour & make every other drink a non-alcoholic one**
- **Don't drink on an empty stomach**
- **Find alternatives to drinking -- fill free time by developing new, healthy activities, hobbies, and relationships**
- **Avoid "triggers." If certain people or places make you drink even when you don't want to, try to avoid them.**
- **Know your "no." Have a polite, convincing "no, thanks" ready.**



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## ***For further information***

### ■ **www.rethinkingdrinking.com**

- National Institutes of Health website offers valuable, research-based information to help you take a look at your drinking habits

### ■ **www.thatguy.com**

- No one wants to be “that guy” – the one everyone’s talking about who embarrassed himself with too much too to drink.
- This wild, DoD sponsored website will have you laughing and thinking!







# ***If you might need help...***

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- **See your medical provider**
  - **Your primary care manager can provide you with information and advice on healthy alcohol use**
  - **Can refer for specialty evaluation if needed**
- **See the ADAPT clinic at your local MTF for an assessment**
  - **Self-referrals welcome**
  - **AD, activated Guard and Reserve can be seen for an assessment and treatment**
  - **Civilian employees, retirees, and dependents may be eligible for an assessment depending on availability of services\***
  - **Education, treatment and/or referrals are available when needed**

